How To Cope With Inauguration Day Stress

- Surround yourself with positivity
- Keep it all in perspective
- Take care of yourself by eating, sleeping and exercising well.
- Monitor your anxiety level.
- Socialize in meaningful ways.
- Plan enjoyable mental breaks, such as taking a walk in nature.
- Set boundaries on how much attention you pay to politics by taking media breaks.

- Read diverse news sources.
- Set boundaries in conversations that may cause stress.
- Limit time on social media.
- Try to build some consensus with those who have differing opinions. (See ‘Commit to Dialogue’ Document)
- Break your day into solvable items, such as completing outstanding tasks.

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